

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.





**EXCLUSIVE TO  
STATE EXTENSION  
EDITORS**

U.S.D.A. PRESS SERVICE, OFFICE OF INFORMATION, AND EXTENSION SERVICE

VERTICAL FILE  
MONOGRAPHED MATERIAL  
★ DEC 11 1938 ★  
O. E. S. LIBRARY

(Note to editor - This is a summary of The Market Basket for November 29, 1939.)

It has been but a little over a quarter of a century since vitamin A was discovered. Today, this vitamin is known to be one of the indispensable items in the diets of human beings, says \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (Name) (Title) \_\_\_\_\_ (Institution). Vitamin A is a distinct chemical substance with definite functions to perform in the body. It is necessary for good nutrition at all ages. It helps to promote normal growth. Children who do not get enough vitamin A when their teeth are forming may have defective teeth. In fact, anyone who does not get all the vitamin A he needs will note bad effects sooner or later, although there won't be any startling symptoms immediately.

When diets are too low in vitamin A it is often possible to include this vitamin in sufficient amounts, not by spending any more money but by a wiser choice of foods, Nation-wide studies by the Federal Bureau of Home Economics show.

Richest natural sources of vitamin A are livers of various animals, especially those of certain kinds of fish. There are substantial amounts of it in whole milk, cream, butter, egg yolks, and cheese made from whole milk or cream. Oily fish, such as salmon and sardines, also contribute vitamin A.

In plants, green and yellow often indicate that carotenes are present. These are pigments that are transformed into vitamin A in the body. Green,



leafy vegetables - kale, spinach, different kinds of greens, for instance, are excellent sources of carotene. In leafy head vegetables, such as cabbage and lettuce, the greener the leaves the richer they are in vitamin A, points out \_\_\_\_\_.

(Name)

Of the "yellows," yellow carrots, yellow-fleshed sweetpotatoes, and Hubbard squash are good vegetable sources. So are the yellow-fleshed fruits, such as apricots and peaches.

For all practical purposes, vitamin A may be considered fairly stable. In general, rapid cooking and the usual home and commercial canning methods do not materially destroy vitamin A.

# # # # #

